



MENTORING PROGRAM IMPROVES MOTHER'S AND FAMILY'S CAPABILITY TOWARD THE HEALTH OF PUERPERIUM HEALTH

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Abstract Background: The postpartum period starts after giving birth and lasts until 6 weeks afterward. Women during this period experience physiological and psychological changes and are at risk of experiencing health problems, especially in the first week of the postpartum period, especially due to fatigue, pain and stress. Efforts need to be made to overcome this problem in order to improve the welfare of mothers during the postpartum period. The problems experienced by postpartum mothers as partners are a lack of knowledge about the health of postpartum mothers and the family's lack of skills in supporting the postpartum period. Several treatments that can be done to overcome this include increasing the mother's knowledge about health during the postpartum period starting from pregnancy and increasing the role of the family as a companion to the mother during the postpartum period.

Objectives: The aim of this community partnership program is to increase the knowledge of mothers and families and improve practical skills in overcoming problems during the postpartum period.

Method: This community partnership program implemented in Sukajadi sub-district, Bandung City from July to December 2024. Partners in this activity are third trimester pregnant women and their families. The implementation of this program takes the form of partner assistance in 14 activities which include providing education on basic postpartum material, theory and practice of effleurage massage. Before and after participating in the enrichment material, the mother's knowledge regarding the postpartum period was measured, then practice and assessment were carried out using an effleurage massage checklist.

Result: The result of this activity is increased knowledge of mothers and families regarding the health of postpartum mothers and families are able to perform Effleurage massage on postpartum mothers

Conclusion: Community partnership programs through assistance to pregnant women and families are effective in increasing knowledge and abilities in supporting improved health of postpartum women.

Keywords: partnership, postpartum health, effleurage massage

BACKGROUND

The postpartum period starts after delivery and lasts until 6 weeks. There are physiological and psychological changes that women experience to restore their health condition.(1)(2) During this period postpartum mothers can experience problems and discomfort which can affect the recovery of their condition, especially in the first week postpartum.(3,4) Problems experienced by mothers Postpartum is related to conditions of fatigue, pain and stress.(1) If this discomfort is not prevented and handled properly, it can reduce health conditions and become a risk factor for morbidity and complications during the postpartum period.(3,5)

Several types of care can be done to achieve this, starting from increasing the mother's knowledge regarding health during the postpartum period, increasing the role of the family as a companion to the mother during the postpartum period, and non-pharmacological care that health workers and families can carry out to overcome various problems during the postpartum period. others include massage, aromatherapy, postpartum exercises, relaxation techniques, hypnotherapy, distraction and other techniques.

Health information during the postpartum period is very important for a woman to have. This information can be provided during pregnancy so that the mother can prepare herself and anticipate when she experiences problems during the postpartum period. One medium for providing this information can be done during maternal classes when pregnant. Providing this information is an effort to empower a woman to improve her health status. Family is also an important part that needs to be involved in this matter. The family's role during this period is carried out through providing emotional support, information, appreciation and others.(6)(7)

The information provided can include physiological and psychological changes during the postpartum period, danger signs during the postpartum period, common problems during the postpartum period and how to overcome them as well as increasing family skills in dealing with problems during the postpartum period, one of which is massage techniques during the postpartum period.

Effleurage massage is a non-pharmacological pain reduction method that can be given to postpartum mothers to treat pain. Pain after childbirth is caused by sequential contractions and relaxation of the uterus that occur continuously. This massage provides pain reduction and relaxation effects simultaneously through touch and pressure.

(8) The sensation of touch travels to the brain and closes the gates to pain in the brain, thereby limiting the amount of pain in the brain.(9,10) Effleurage massage can improve blood circulation throughout the body, maintain health, help reduce pain and fatigue, stimulate the production of endorphins which function to relax the body, reduce the hormone cortisol, and balance the work of the body's organs and overcome fatigue.(11) Effleurage massage reduces fatigue, increases relaxation and aids sleep. Research shows an increase in delta brain waves with effleurage therapy. Other research shows that optimizing effleurage massage using citronella aromatherapy oil has a positive effect on reducing pain.(10–12)

Improving the health of postpartum mothers, both physical and psychological, is very important for a postpartum mother, so explanations about the health of postpartum mothers must continue to be carried out, including through maternal classes. Maternal classes can be held starting from pregnancy which equips mothers about maternal and baby health, including preparing mothers to maintain their health during postpartum.

METHODS

This community partnership program involves partners, namely third trimester pregnant women and their families, totaling 10 people each. The location of this partnership is in the Sukajadi District area of Bandung City. The tools and materials used in this partnership are booklets as an outreach medium.

The design of this partnership activity was prepared in 14 meetings containing the provision of materials and practices. Before getting the material, pregnant women first take a pretest and afterward take a posttest to measure changes in knowledge. During practice, an assessment is carried out using a massage checklist.

RESULT AND DISCUSSION

Partnership activities start from submitting a permit to the Bandung City National and Political Unity Agency and the Bandung City Sukajadi health center. Selection of pregnant women in the third trimester in collaboration with the midwife in charge in the PKM Sukajadi working area.

The program will be implemented from July to December 2024 in 14 meetings. The material presented includes the concept of health, needs and problems of postpartum mothers, how to deal with complaints during the postpartum period, effleurage massage. The next process after providing material and practice is an evaluation of knowledge during the postpartum period as well as assistance in the practice of effleurage massage by the family for postpartum mothers.

The results of the community partnership program activities are as follows:

1. Increasing mother's Knowledge during the postpartum period regarding the health of postpartum mother's

Knowledge about the health of postpartum mothers and the practice of effleurage massage increased after the implementation of PKM community service activities. This can be seen in the following image:

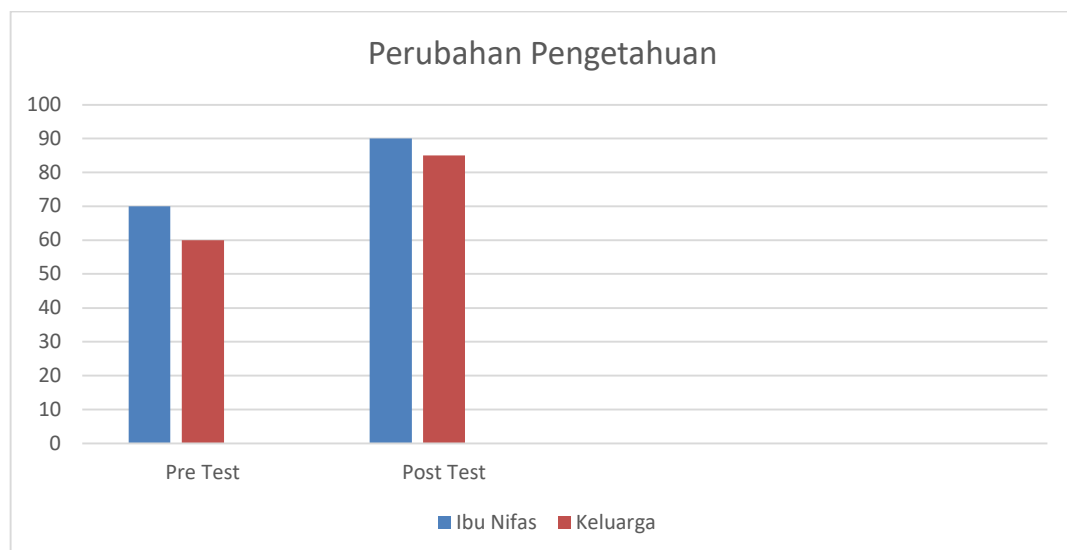


Figure 1 Increased knowledge of third trimester pregnant women's and family before and after providing educational material during the postpartum period

Based on Figure 1, there was an increase before and after the implementation of socialization on this PKM activity. This is in accordance with Umiziah's research results in 2016 which showed that there was an influence of health education on students' knowledge ($p=0.000$). Socialization activities during community service have proven to be activities that can increase the knowledge of cadres and the community

Providing material to postpartum mothers and their families is able to increase knowledge, thus influencing increased welfare during the postpartum period. The PKM activities carried out by Widiawati in 2023 also prove that there has been an increase in knowledge among cadre partners after education was carried out regarding the health of postpartum mothers.(13)

2. Peningkatan kemampuan keluarga kader dalam melakukan pijat effleurage

The effleurage massage technique is one of the methods taught to families in this program. The family practiced massage during educational sessions during the mother's pregnancy and practiced massage again during the postpartum period accompanied by the community service team. The results of the assessment using a checklist showed a fairly good score of 90. Family training through effective practice in increasing the family's ability to perform massage.(14)

There are many ways to overcome discomfort in postpartum mothers, for example using pain relief techniques. One pain relief technique that has been proven to be effective in reducing pain and anxiety in postpartum mothers is effleurage massage. Effleurage massage is a non-pharmacological pain reduction method carried out through massage. The working mechanism of this technique is stimulation through massage which causes a tactile sensation that travels to the brain and closes the gates in the brain, thereby limiting the amount of pain felt in the brain. Effleurage massage can improve blood circulation throughout the body, maintain health, help reduce pain and fatigue, stimulate the production of endorphins which function to relax the body, reduce stress hormones (cortisol), and balance the work of the body's organs and overcome fatigue. Endorphin hormones interact with opiate receptors in the brain to reduce the perception of pain.(8) (9).

After this programme, the mother and family can do an effleurage massage on the stomach and back. The posttest results showed an average score of 90. Partners accompanying postpartum mothers were able to perform effleurage massage well. This is in line with the PKM activities carried out by Widiawati in 2023. These activities provide education and also training in the practice of Effleurage massage to cadres. This activity shows an increase in cadres' ability to carry out massage.(13)

CONCLUSION

The community partnership program in the context of empowering third trimester pregnant women and their families is effective in increasing the knowledge and abilities of postpartum mothers and their families to improve the health of postpartum mothers.

COMPETING INTERESTS

All authors had none to declare

AUTHOR'S CONTRIBUTION

Yuni Nurchasanah conceived of the presented idea, data collection and analysis, and writing manuscript; Sri Mulyati and Saur Sariaty were in charge of presented idea and analysis. All authors contributed to the final manuscript.

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